



DECEMBER 2015

Maryland **WIC**
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		1 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	2	3	4	5
	6	7	8	9	10	11
12	13	14 Support Group/10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700 <hr/> Support Group/4pm - 6 pm Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	To Contact a Breastfeeding Peer Counselor near you: Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)



JANUARY 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		To Contact a Breastfeeding Peer Counselor near you: Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654	Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 Maryland toll free		1	2
3	4	5 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	6	7	9	9
10	11	12	13	14	15	16
17	18	19 Support Group/10:00 a.m. Easton Memorial Hospital outside Birthing Center/Karen Van Trieste 410-822-1000, ext. 5700 <hr/> Support Group/4pm-6 pm Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	20	21	22	23
24/31	25	26	27	28	29	30



FEBRUARY 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		To Contact a Breastfeeding Peer Counselor near you: Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)				
	1	2 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	3	4	5	6
7	8	9	10	11	12	13
14	15	16 Support Group/10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700 <hr/> Support Group/4pm-6pm Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	17	18	19	20
21/28	22/29	23	24	25	26	27